

**THE NEW
ALBATROSS
RECIPE BOOK**

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Foreword

Every housewife takes a natural pride in her home baking and the measure of her success is reflected in the appreciation of her family and friends.

The recipes in this booklet have been prepared by experts, using Albatross Self-Raising Flour, and we offer them in the confident belief that they will produce results beyond all expectation—cakes, puddings and pastry of which every housewife can be justly proud.

ALBATROSS — THE GUARANTEED SELF-RAISING FLOUR—always gives "that extra rise" and brings that lightness to cakes and pastry of all kinds which is the hall mark of success in home baking.

If you would like a copy of
" THE NEW ALBATROSS RECIPE BOOK "
sent to any of your friends, please
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QUICK BREAD AND SCONES

PLAIN SCONES

**8 oz. Albatross Self-Raising
Flour**

**1½-2 oz. margarine
¼ pint milk or buttermilk
½ level teaspoon salt**

Grease and flour a baking tin or sheet ready.

Sieve flour and salt. Rub in fat and mix to a soft dough with the liquid.

Turn on to a lightly floured board and divide into two. Shape lightly into two rounds, and pat to about half-inch thick. Place on prepared tin. Mark each piece almost through in a cross and bake for 15 minutes in hot oven. (Regulo Mark 7 or 430-450° Fahr.).

(Variation I.)

SYRUP SCONES

Beat 1 tablespoon syrup into the milk for plain scones.

(Variation II.)

SWEET SCONES

To the dry ingredients of plain scones, add ½-1 tablespoon sugar.

(Variation III.)

FRUIT SCONES

To plain scone recipe add sugar and 1-2 oz. sultanas or chopped dates.

PLAIN GRIDDLE SCONES

Use the plain scone recipe. Cut into rounds ½" thick and bake on both sides on a not too hot griddle. They will require about 15 minutes.

CHEESE SCONES

**4 oz. Albatross Self-Raising
Flour**

1 oz. butter

1-1½ oz. grated dry cheese

Pinch of Salt

Few grains Cayenne pepper

Milk to mix

Rub the butter into the flour. Add the cheese, salt, pepper and enough milk (about ¼ pint) to make a not-too-wet dough. Cut into rounds and cook as for plain scones.

DROP SCONES

8 oz. Albatross Self-Raising Flour

1 tablespoon sugar

Pinch of salt

Walnut of margarine

1 teaspoon syrup

1 egg

1 teacup milk

Lemon essence

Grease a girdle, griddle, bakestone, or frying pan ready.

Sift the dry ingredients into a bowl. Rub the margarine into it. Beat the syrup and egg together and add the milk to it. Stir this into the dry ingredients and add a few drops of lemon essence. The batter should be like thick cream.

Have ready the hot griddle, drop a dessert or tablespoon of batter on to the hot greased surface and, as soon as the underside is golden brown, quickly turn it and brown the other side.

BREAKFAST ROLLS

**1 lb. Albatross Self-Raising
Flour**

**1 teaspoon salt
Milk or milk and water to mix**

To the sifted flour and salt, add just enough liquid to make a stiff dough. Pinch off pieces the size of a pullet's egg. Roll between the palms. Bake for 15 minutes in a hot oven. (Regulo Mark 7 or 430-450° Fahr.).

STEAMED BROWN BREAD

**1 teacup Albatross Self-Raising
Flour**

**$\frac{1}{2}$ teaspoon bi-carbonate of
soda**

1 teacup Turog Brown Flour

1 teacup milk

**1 teacup breakfast bran or
Bonnyboy flaked oats**

1 tablespoon black treacle

$\frac{1}{4}$ teaspoon salt

1 tablespoon sugar

**1 teacup chopped prunes or
dates**

Mix the dry ingredients together. Beat the milk, treacle and sugar well together and stir into the dry ingredients. Add the prunes. Grease 2-3 salt or dried milk tins. Pour in the mixture to two-thirds full. Put on greased lids and steam for 2 $\frac{1}{2}$ hours.

Cut into slices and spread with butter or margarine.

Note.—If you use flaked oats, it is a good idea to spread them on a shallow tin and lightly brown them in the oven.

NUT LOAF—CANADIAN

**2 breakfastcups Albatross Self-
Raising Flour**

2 tablespoons sugar

Pinch of salt

$\frac{3}{4}$ breakfastcup milk

1 egg

**$\frac{1}{2}$ breakfastcup chopped nuts
(any kind)**

Sift the flour and salt. Beat the egg and sugar very well. Add half the milk and then add the flour and the remaining milk alternately to make a loose batter. Stir in the chopped nuts. Bake in a moderately cool oven for 1 hour. (Regulo Mark 4 or 365° Fahr.).

IRISH TREACLE BREAD

**8 oz. Albatross Self-Raising
Flour**
 $\frac{1}{2}$ **teaspoon salt**
 $\frac{1}{2}$ **teaspoon ground ginger**
 $\frac{1}{2}$ **teaspoon mixed spice**

2 oz. margarine
 $\frac{1}{2}$ **gill water** (1 gill = $\frac{1}{4}$ pint)
2 tablespoons treacle
2 oz. moist sugar
1 egg

Prepare a loaf tin. Sift the dry ingredients. Melt the margarine and water together. Beat the treacle, sugar and egg together, and combine with the lukewarm liquid. Stir this into the dry ingredients and turn into the tin. Bake for $1\frac{1}{4}$ - $1\frac{1}{2}$ hours in a cool oven. (Regulo Mark 4 or 365° Fahr.).

BATTERS

With a good Yorkshire Pudding batter—which is the same thing as a Pancake batter—we have the foundation of any number of dishes, savoury and sweet, from the humble Toad-in-the-Hole to the aristocratic Crepes Suzette.

One of the secrets of good Yorkshire Puddings and Pancakes is to make the batter thin enough. It is also a good idea to make it as long as two hours before it is required because the waiting helps to swell the starch granules in the flour, though this may not be so necessary when one uses Albatross Self-raising Flour.

When making Yorkshire Pudding, do have the fat in the roasting tin very hot. (Several minutes in a hot oven will suffice). Pour in the batter and get it into the oven at once. Never let a Yorkshire Pudding wait for you. It should be taken to table and eaten the moment it is cooked.

YORKSHIRE PUDDING

4 oz. Albatross Self-Raising Flour
Pinch of salt
1-2 eggs

$\frac{1}{2}$ **pint of milk and water**
**1 tablespoon hot water (last
minute)**

Sift the flour and salt into a bowl. Make a well in the centre and add the egg gradually, working it in with a fork or wire whisk, then work in the liquid and beat very well. Leave to stand for 1-2 hours.

Make very hot, in a roasting tin, sufficient fat to give depth of $\frac{1}{4}$ ". Stir the hot water into the batter at the last minute and pour it into the tin. Bake for 30 minutes in a hot oven. (Regulo Mark 7 or 430° Fahr.).

Variation 1.) **TOAD-IN-THE-HOLE SAVOURY**

Drop sausages, corned beef or any cooked left-over meat in the batter and bake.

(Variation II.)

FRUIT BATTER PUDDING

Bake the basic Yorkshire Pudding in a wide cake tin with a little very hot fat in it, for 30 minutes. When it is cooked, lift it out on to a large hot plate, and, as the centre sinks, which is inevitable, pour into the centre stewed fruit. Stewed apricots are delicious, but prunes or bottled, sweetened and heated fruit are equally good.

FRIED FISH

Wash and dry the fish. Put enough Albatross Self-Raising Flour to coat the fish in a paper-bag, together with a little salt and pepper. Drop each piece of fish in it and shake to coat. Shake off excess flour.

Next, dip in beaten egg and then again in the seasoned flour. Fry in deep hot fat.

FISH IN BATTER

**4 oz. Albatross Self-Raising
Flour
Pinch of salt**

**1 beaten egg
½ pint milk or milk and
water**

Mix flour and salt. Add the egg and gradually beat in the milk, with a fork or whisk.

Dry the fish and pass through flour, shaking off excess of flour, then dip the fish in the batter and coat evenly. Fry in hot fat.

(Variation)

Follow the above but omit the egg.

PANCAKES

When making pancakes, use as little fat as possible in the pan or pans. Pour in just enough batter barely to cover the bottom of the pan when it is swirled around. Turn the pancake either by tossing or with a palette knife as soon as you possibly can. The edges of pancakes must not be crisp.

If you stir a dessertspoon to a tablespoon melted butter or margarine into the batter just before you are going to cook the pancakes, you will have no sticking troubles, even with the thinnest pan.

You can make a batch of pancakes in the morning if you are going to serve them in the evening as Crepes Suzette or with any other sauce in which pancakes are heated through at table.

PANCAKES

Make Yorkshire pudding batter (see page 4).

Heat two small frying pans and, having added a dot of lard to each (lard is best), swirl it around to coat the bottom and pour in 1-2 tablespoons of the batter. Turn as soon as you find the underside is coloured and you can manage it, and lightly brown the other side. Keep hot and serve with lemon or orange juice or syrup.

(Variation)

CREPES SUZETTE

These exotic French pancakes are just good, very thin ones, reheated in a chafing dish or frying pan, in which has been melted together butter and sugar. Lump sugar is used and it is first rubbed over the skin of an orange to take on the taste of the orange. The juice, too, is added and then a little Curacao, but we can do without that. Fold the pancakes in this hot sauce and they are ready to eat, and very delicious.

OVEN PANCAKES

**3 oz. Albatross Self-Raising
Flour**
Pinch of salt
2 oz. margarine

1 egg
Lemon essence
 $\frac{1}{4}$ pint of milk
2 oz. sugar

Sift the flour and salt together. Cream the margarine and sugar very well and beat in the egg yolk. Add the flour, milk and a few drops of lemon essence. Fold in the stiffly beaten egg white. Have ready greased 4-5 breakfast saucers. Divide the mixture between them, and bake for 15 minutes in a moderate oven. (Regulo Mark 5 or 400° Fahr.).

(Variation)

CURRANT PANCAKES

Drop a few currants or sultanas or raisins into each pancake before baking them.

PASTRY

SHORT PASTRY

Use this for meat and fruit pies, tarts and pastries.

1. Allow 3-4 oz. butter, lard or dripping to 8 oz. Albatross Self-Raising Flour, a pinch of salt and add water to mix.

2. Cut the fat into the dry mixture and rub it in with the tips of the fingers, lifting the mixture at least as high as the rim of the bowl, and allowing it to trickle through the fingers. This helps to aerate it.

3. When it reaches the fine breadcrumb stage, add as little cold water as possible here and there through the mixture, then gather into a ball with the finger tips and work together. Kneading makes hard pastry and too much water makes scones.

4. When making pastry, use as little flour as possible on the pastry board. Remember that the flour on the board will be rolled into the pastry thus reducing the proportion of fat used. Roll with short sharp strokes and let the "away" stroke be the one that rolls the pastry thin. Heavy rolling makes a pastry that shrinks when it bakes. If you wet the edge of the rim on which the pastry is laid, it will help to prevent shrinkage.

5. Short pastry needs a hot oven. The more fat that is used, the hotter the oven should be.

SUET PASTRY

Use this for meat, fish and sweet puddings.

1. Allow from 2 to 4 oz. suet (beef for preference) to 8 oz. Albatross Self-Raising Flour, a pinch of salt and water to mix.
2. Chop or grate the suet as fine as possible. Add it to the flour mixture with a little more water than you use for short pastry, as suet pastry should be a little more moist.

PUFF PASTRY

$\frac{1}{2}$ lb. Albatross Self-Raising Flour	Pinch of salt
$\frac{1}{2}$ teaspoon lemon juice	$\frac{1}{2}$ lb. butter
	Cold water

First wash the butter in cold water by placing it in a basin under the running tap. Work the butter in the water, creaming it, so that any salt and buttermilk are worked out. Place it then on a floured cloth and work out any moisture. Next, mix the sifted flour and salt in a basin, add the lemon juice and enough water to make a not too soft dough. (Some pastry cooks first work about a half ounce of the butter into the dry ingredients before making the dough as it is said to make softer flakes). Knead the dough well and roll out into an oblong. Place the butter in the centre, shaped to conform but with a margin of dough all around. Now turn the two ends of pastry over the butter and press the edges all around with the rolling pin. Give the pastry a half turn, press the pastry three times in a row to trap and enclose the air and roll it out to about 10 inches, press and roll out again and leave it to rest for 15-20 minutes. Repeat this folding and rolling, until you have rolled it and turned it seven times in all, allowing it to stand for 15-20 minutes after each two turns. Then cover and leave it for a few hours before using.

ROUGH PUFF PASTRY

Rough Puff Pastry is just what its name implies, a rough imitation of the Puff Pastry. It is useful for meat pies, mince pies, vanilla slices and for any of the uses to which you put the real thing.

8 oz. Albatross Self-Raising Flour	Pinch of salt
$\frac{1}{2}$ teaspoon lemon juice	6 oz. butter or butter and lard mixed
	Cold water to mix

Sift the flour and salt into a bowl, cut the fat into walnut sized pieces direct into the flour bowl. Add water and lemon juice to make a soft but not too wet pastry.

Work into a pliable dough with as little handling as possible, turn it on to a board and roll out into a strip, sprinkling it with a little flour. Fold in three and press the edges together, again press down with the rolling-pin to trap and hold the air.

Give the paste a half turn and roll out. Repeat this rolling and turning four times, resting the pastry, after every other rolling, in a cool place for 10-15 minutes. If possible, allow to rest for an hour or so after it has been made.

Note.—All pastry should be kept as cool as possible during its making and until it is used.

MEAT PIE

$\frac{1}{2}$ lb. puff or rough puff pastry (see page 7)	$1\frac{1}{4}$ - $1\frac{1}{2}$ lb. cut up steak or ox cheek
1 teaspoon salt	Pepper to taste
1 tablespoon flour and gravy powder (mixed)	

Cut the meat into suitable pieces. Cover with water and simmer gently for $2\frac{1}{4}$ hours, adding the salt and pepper after 1 hour. Thicken with the flour and gravy powder, blended in a little water. Simmer for a few minutes. Turn into a pie-dish, place funnel in position and leave to become cold.

Roll out pastry. Cut a strip around the edge and place it on the rim of the dish, first wetting the rim. Dampen the top of the strip and place the pastry on it. Trim off outside edge. Press the top so that the funnel will make its own hole. Brush with beaten egg or milk. Place pastry 'leaves' (from the trimmings) around the centre hole and brush their tops with egg or milk. Bake for 30-45 minutes in a hot oven (Regulo Mark 7 or 430-450° Fahr.).

(Variation I.) STEAK AND KIDNEY PIE

Add 1-2 cut-up sheep's kidneys with the meat.

(Variation II.) STEAK AND MUSHROOM PIE

Add 2-3 oz. halved or quartered mushrooms.

Note. A tin of stewed steak or Mexican steak, which requires no preliminary cooking, can be used instead of fresh meat.

CHEESE STRAWS

4 oz. Albatross Self-Raising Flour	2 oz. dry grated cheese
Pinch of salt	$1\frac{1}{2}$ -2 oz. lard or dripping
Few grains of Cayenne pepper	1 yolk of egg or milk to bind

Sift dry ingredients. Rub the fat into them to fine breadcrumb consistency, then the grated cheese. Bind together with the egg, or milk. Roll out to $\frac{1}{4}$ " thick and cut into $\frac{1}{4}$ " strips, 2-3" long. Roll out trimmings and cut into rounds with two different sized cutters.

Bake for 10 minutes in a moderate oven. (Regulo Mark 5 or 400° Fahr.).

VERSAILLES FLAN

Line a pie tin with short pastry (see page 6).

Lay up to 3 oz. diced cooked ham or bacon on the bottom. Make

a custard with 1 egg and $\frac{1}{4}$ pint of milk. Add 1 tablespoon of grated cheese and pour it over the meat. Bake for 25 minutes in a moderate oven. (Regulo Mark 5 or 375° Fahr.).

CHEESE CUSTARD TARTS

Roll out short pastry less than $\frac{1}{4}$ " thick. Cut into rounds and line small patty cases with them. Prick the bottoms.

Filling:

1 large egg
Pinch of Salt

1 tablespoon dry grated
cheese

Few grains of Cayenne
pepper

$\frac{1}{4}$ pint milk

Combine these ingredients and beat together a little. Divide between the pastry-lined patty tins and bake for 12-15 minutes in a moderately hot oven. (Regulo Mark 4 or 375° Fahr.).

Note.—Bake in one tart if preferred, in which case it will require 45-50 minutes.

VEGETABLE PIE

Fill a pie dish with any favourite vegetables par-boiled, diced and well seasoned with a meat cube or gravy powder if necessary.

Make a thin white sauce, season and pour this over the vegetables. Cover with pastry and bake as for Meat Pie (see page 8).

CORNISH PASTIES. (Using Corned Beef)

6 oz. short pastry (see page 6)
6-8 oz. chopped corned beef or
cooked meat

1 chopped onion
Salt and pepper

1 good sized cooked potato diced

Roll out the pastry $\frac{1}{4}$ " thick and cut into rounds, using a tea saucer.

Mix the filling and divide it between the rounds of pastry, heaping it on the centre. Damp the edges, fold the pastry over and pinch the edges together in a fluted edge.

Brush with beaten egg or milk and bake for 30-40 minutes in a hot oven (Regulo Mark 6 or 410° Fahr.).

SWISS FLAN

Line a pie tin with short pastry (see page 6), $\frac{1}{4}$ " thick.

Cut 3-4 cold boiled potatoes into slices and put them in a layer on the pastry. Slice 2 oz. cheese on the potatoes and spoon over them custard, made with 1 egg, $\frac{1}{4}$ pint hot milk and a few grains of cayenne pepper.

Bake for 25 minutes in a moderate oven. (Regulo Mark 5 or 375-400° Fahr.).

SAVOURY MEAT ROLL

Mince 1 cupful of corned beef. Chop 1-2 onions and cook them gently in a little fat. Add 1 cupful breadcrumbs and 1 tablespoon

oxtail soup powder. Mix thoroughly and moisten with enough water to bind. Add a little pepper.

Form into a roll and wrap with short pastry, rolled less than $\frac{1}{4}$ " thick. Brush with milk and bake for 30-40 minutes in a moderately hot oven. (Regulo Mark 6 or 410° Fahr.).

RUSSIAN PIE

Short pastry (see page 6)	1 small teaspoon tomato
1 teacup corned beef	soup powder
$\frac{3}{4}$ teacup grated raw carrot	1 teaspoon mixed herbs
1 finely chopped onion	$\frac{1}{2}$ teacup cold water
Seasoning to taste	

Line a shallow pie tin with the pastry.

Mix the chopped corned beef, carrot and onion together. Put the soup powder in a small pan, add the herbs and stir the cold water into it. Cook a few minutes. Add the corned beef mixture and taste for seasoning. Pour into the pastry. Roll out remaining pastry and place on top. Trim off and prick with a fork. Brush with egg or milk and bake for 30-35 minutes in a moderately hot oven. (Regulo Mark 6 or 410° Fahr.).

LEMON MERINGUE PIE

6 oz. short pastry (see page 6)	Tip of teaspoon margarine
1 rounded tablespoon sugar	Grated rind of 1 lemon
1 rounded tablespoon plain	Juice of 1-2 lemons
flour	2 eggs
Pinch of salt	1 small teacup boiling water

Roll out the pastry and line a 6" sandwich tin with it. Prick the bottom and bake for 12-15 minutes in a moderately hot oven. (Regulo Mark 6 or 410° Fahr.).

Mix the sugar, flour and salt in a small saucepan. Stir in the boiling water and continue to stir. Cook for 10 minutes. Remove. Add the margarine, grated lemon rind and juice, and then the beaten yolk of egg. Cook for a minute longer, but do not boil.

Whip the egg white stiffly with a few grains of salt. Fold in a level tablespoon of icing sugar.

Turn the filling into the shell and pile the meringue on top. Return the flan to the oven (Regulo Mark 2 or 320° Fahr.), and leave until the meringue is golden brown.

WELSH CHEESE CAKES

Short pastry (see page 6)	4 dessertspoons castor sugar
Jelly, jam, lemon or orange	2 tablespoons melted mar-
curd	garine
4 tablespoons Albatross Self-	1 egg
Raising Flour	

Roll the pastry to less than $\frac{1}{4}$ " thick, cut into rounds and line patty tins with it. Into each put a small teaspoon of jelly, jam, orange or lemon curd. Then mix the flour and sugar, work in melted margarine and beat in the egg.

Put a spoonful of this mixture on the preserve and bake for 15-20 minutes in a moderately hot oven. (Regulo Mark 6 or 415° Fahr.).

LATTICE FRUIT PIE

Line a shallow pie tin with short pastry (see page 6) and add any mixture of fruit you wish. My favourite is mixed dried fruit, stewed with a very little water, and sharpened with lemon juice and rind, or essence, and thickened with cornflour. The colour is not good, so I always darken it a little with a drop or two of caramel (liquid gravy browning).

Having lined the pie tin and filled it with fruit, cut strips of pastry and lay them lattice-wise across the top of the pie, dampening their ends so that they will stick to the rim. Cut more strips and lay them over the rim to cover the joins. Crimp the edges and bake for 25-30 minutes in a moderately hot oven. (Regulo Mark 6 or 400° Fahr.).

VANILLA SLICES

Roll out Puff Pastry (see page 7) very thin and mark it off for Vanilla Slices. Bake in a very hot oven (Regulo 8 or 9 or 455-475° Fahr.).

When cold, cut in the lines marked and sandwich with raspberry jam. Then having placed one piece on it, add sweetened custard and finish with another slice of puff pastry, making three layers in all. Pipe on synthetic cream, or spread with Vanilla Water Icing.

CREAM HORNS

Cream Horns are another way of using Puff Pastry (see page 7) especially for using up trimmings. Roll out less than $\frac{1}{4}$ " thick, cut into thin strips, wetting one side. Then wrap cream horn cones with this so that the damp side joins up with the new layer. Press very gently, then bake in a hot oven, first having brushed the surface with a little beaten egg, as all puff pastry should be.

Put a little jam in each 'horn'. Fill up with whipped cream or mock cream or custard.

FRUIT PUFFS

Make rough puff pastry (see page 7) and roll out to an oblong piece one-eighth inch thick. Cut across in half. Sprinkle one piece with currants, sultanas or raisins and wet the edges. Place the other half on top and pass a rolling-pin very lightly over it. Cut into squares and place on a baking-sheet. Brush with milk, sprinkle with castor sugar and bake for 10-15 minutes in a hot oven. (Regulo Mark 7-8 or 430-470° Fahr.).

ECCLES CAKES

The pastry for Eccles Cakes is usually Flaky (Puff) or Rough Puff.

8 oz. Puff or Rough Puff Pastry (see page 7)

**3-4 heaped tablespoons currants
or sultanas (washed)**

**1 tablespoon demerara or brown
sugar**

$\frac{1}{4}$ teaspoon mixed spice (if liked)

**1 oz. chopped candied peel
 $\frac{1}{4}$ teaspoon grated orange or
lemon rind**

**1 teaspoon lemon squash or
fruit juice**

Mix the filling in a bowl ready.

Roll the pastry out to less than $\frac{1}{4}$ " thick and cut into rounds. Roll the edges a little thinner. Divide the fruit mixture between the pastry rounds, placing it on the centre of each round. Damp the edges and gather them together in the centre. Pass a rolling-pin very lightly over each. Lay them, joined side down, on a greased tin. Brush with a little egg or milk and sugar. Prick with a fork and bake for 18-20 minutes in a hot oven. (Regulo Mark 7 or 430-450° Fahr.).

FRUIT FLANS

Line a flan tin or shallow pie tin with short crust pastry (see page 6). Press the pastry as tightly as possible to the tin. Otherwise, if even a small air pocket is left, the heat will cause it to expand and force it to rise. Add a strip of pastry for extra rim. Crimp into a fancy edge and brush with a little egg or milk. Fit a piece of greaseproof paper inside the flan and fill it with crusts. Bake for 20 minutes in a moderate oven (Regulo Mark 5 or 400° Fahr.). Remove the crusts and paper and bake for a further 5 minutes.

Fresh cherries, apricots, plums or peaches, poached in a little syrup then drained, are excellent fillings. Or use bottled or tinned fruit, using the juice for the sauce.

For each $\frac{1}{2}$ pint syrup (from the poached fruit) or sweetened juice from the bottles or tins, allow 1 heaped teaspoon arrowroot blended in a very little water. Bring the syrup or juice to the boil, stir in the arrowroot and it should clear at once. You can add a little vanilla or almond essence to it, if you like.

Arrange the cold fruit in the cold flan and pour the arrowroot sauce over it. When it has set, decorate with whipped synthetic cream or mock cream (see page 31).

CHERRY FLAN

using Fleur Pastry

**6 oz. Albatross Self-raising
Flour**

1 tablespoon icing sugar

Pinch of salt

3-3 $\frac{1}{2}$ oz. butter or margarine

Yolk of 1 egg

Sieve the flour and salt. Rub in the fat and add the sugar. Mix in the egg and knead together just enough to bind well. Place a

serrated flan ring on a baking sheet. Line it with this fleur pastry, using the trimmings to make the edges nice and thick but not too thick. Pass the rolling pin over the edge of the flan ring to make a clean cut. Prick the bottom of the flan. Fit greased greaseproof paper, greased side down, into the flan. Fill with rice or beans (or even clean small stones) and bake in a moderately hot oven (Regulo Mark 5 or 375-400° Fahr.) until the pastry is golden brown. Remove the paper and its contents and return the flan to the oven to brown the bottom a little. Take out and gently remove the ring.

Fill with cherries prepared as follows:

Make a syrup by boiling $\frac{1}{4}$ cup sugar and $\frac{3}{4}$ cup water together for $\frac{1}{4}$ minute. Stone sweet red or black cherries and poach them in the syrup for a few minutes. Lift out the fruit, drain and arrange in the flan. Mix a teaspoon arrowroot with 2 tablespoons water. Stir into the boiling syrup, boil up and it will at once clear. If you like, add a little culinary colouring to suit the cherries, cover and leave to cool. Pour over the cherries. If you like, you can also add a few drops almond essence to the arrowroot sauce.

Apricots, peaches and plums can be done in the same way. Slice the peaches.

STRAWBERRY FLAN

Make a flan ring as for Cherry Flan (see page 12).

Strawberries (also raspberries and loganberries) should not be cooked. But a few of the very ripe ones can be mashed and simmered in the syrup. Pass through a sieve before adding the arrowroot (as in Cherry Flan).

Or, if you like the flavour of red currants, use red currant jelly thinned down with water to your own taste. Then thicken with arrowroot.

PUDDINGS

Perhaps the easiest mistake to make when steaming or boiling a pudding is to let the water go 'off the boil.' That is one way of producing a heavy pudding.

When you have three-quarters filled the greased pudding bowl and twisted and secured greased greaseproof paper on top, place the bowl on a trivet in boiling water reaching halfway up the bowl. Immediately, place a close-fitting lid on the pan and give it as much heat as will keep the water boiling furiously for the first 30-45 minutes, for it will require at least that time for the heat to penetrate to the centre of the pudding. Unless you do this, you will find that the water is almost certain to go off the boil for the simple reason that the basin will cool it to below boiling point.

After three-quarters of an hour, you can safely lower the heat and still keep the pot boiling.

'Keep it boiling' should be your slogan.

The rules for baking cakes apply to baked batter puddings. If you are baking a fruit pudding, where the fruit is on the bottom of the dish, you will find that firm fruits are less likely than soft fruits to cause a soggy pudding where fruit and batter meet.

When making a fruit pudding or pie, always put the sugar in the centre of the fruit—that is, with some fruit between it and the batter or pastry—because sugar, coming in contact with either, causes sogginess.

Incidentally, when making a fruit pie, well 'round' the fruit—heap it well up in the dish—so that, when it sinks, as it will do when heated, your pie will still remain 'rounded' instead of sunk.

STEAK AND KIDNEY PUDDING

Suet pastry (see page 7)
2 oz. kidney
1 teaspoon salt

1 lb. stewing steak
1 tablespoon plain flour
Pinch of pepper
Cold water

Cut up the meat and kidney and roll the pieces in the sifted flour, salt and pepper. Line a greased pudding basin with three-quarters of the pastry. Put in the meat and pour in cold water almost to come through. Cover with the remaining pastry and pinch the edges together. Steam or boil for 3 hours. Add boiling gravy or stock to the pudding as you cut it.

(Variation I.) BEEF AND BEAN PUDDING

Use $\frac{1}{2}$ - $\frac{3}{4}$ lb. steak for the filling, together with 3 oz. haricot beans (soaked 24 hours before using).

(Variation II.) BEEF AND VEGETABLE PUDDING

Use only $\frac{1}{2}$ - $\frac{3}{4}$ lb. meat and fill up the basin with diced carrots, turnips and parsnips.

(Variation III.) RABBIT (or CHICKEN) PUDDING

Cut up and wash the rabbit (or chicken) and 1 rasher streaky bacon. Roll the pieces in 1 tablespoon flour mixed with $\frac{1}{4}$ teaspoon grated nutmeg and pepper and salt to taste. Continue as for Steak and Kidney Pudding.

CAP PUDDING

(4-5 Servings.)

6 oz. Albatross Self-Raising Flour
Pinch of salt
2 oz. margarine
2 oz. sugar

Few drops of vanilla essence
1 egg
Milk or water
2-4 tablespoons jam or marmalade

Well grease a pudding basin and add the jam or marmalade. Sift the flour and salt. Cream the margarine and sugar very well. Beat in the essence and then the egg. Add the flour and enough

milk or water (about 2-3 tablespoons) to make a not too soft batter. Turn into the prepared pudding basin (to two-thirds full) and steam $1\frac{1}{2}$ -2 hours. Turn out on to a deep dish, when the jam will be capped on top. Add more hot jam sauce if desired.

(Variation)

GINGER PUDDING

Sift one good teaspoon ground ginger and $\frac{1}{4}$ teaspoon ground cinnamon with the flour, and omit the jam or marmalade.

Serve with golden syrup sauce (2 tablespoons syrup to 1 tablespoon water, heated together).

COTTAGE PUDDING

**$1\frac{1}{2}$ breakfastcups stewed
apples (cold)
4 oz. Albatross Self-Raising
Flour
Pinch of salt**

**3 oz. margarine
1 egg
2 tablespoons sugar
 $\frac{1}{4}$ pint milk
Few drops lemon essence**

Place the apples in an oven dish. Rub the margarine into the flour and salt. Whip the egg well and beat into the sugar. Add the milk and mix all into the flour, etc. Add the lemon essence. Pour over the apples and bake in a moderate oven for 35-40 minutes.

CHRISTMAS PUDDING

**4 oz. Albatross Self-Raising
Flour
1 teaspoon ground cinnamon
 $\frac{1}{4}$ teaspoon ground ginger
 $\frac{1}{2}$ teaspoon grated nutmeg
 $\frac{1}{4}$ teaspoon salt
4 oz. breadcrumbs
4 oz. shredded suet or chopped
clarified fat
5-6 oz. sugar (dark brown, if
possible)
12 oz. dried fruit (sultanas,
raisins, currants)**

**3 oz. prunes, stoned and
chopped
3 oz. chopped apples
1 oz. marmalade or chopped
orange peel
3 eggs
1 dessertspoon black treacle
or golden syrup
1 teaspoon liquid gravy
browning
3 tablespoons liquid for
mixing (milk, fruit juice,
ale, stout, or cider)**

Sift the flour, spices and salt together. Add the breadcrumbs and suet or finely chopped fat. Add the sugar.

Clean the dried fruits and cut at least half the sultanas and raisins in two to release their flavour into the pudding. Add to the flour mixture, then stir in the apples and prunes and leave overnight.

Next morning beat well together the eggs, treacle (or syrup), gravy browning and marmalade (or orange peel) and stir them and the liquid into the above mixture. Mix thoroughly.

Put into one good-sized basin ($2\frac{1}{2}$ -3 lb. size) or into two smaller ones. Cover, stand on a rack in a pan with water coming half-way up the basin or basins, and boil hard for the first 3 hours, then a little less hard for a further hour.

Give the pudding a further 3 hours boiling on the day it is to be eaten.

EGGLESS PLUM PUDDING

$\frac{1}{2}$ breakfastcup Albatross Self-Raising Flour
 $\frac{1}{2}$ breakfastcup fine bread-crumbs
 $\frac{1}{4}$ teaspoon salt
1 teaspoon mixed spice
2 rounded tablespoons sugar

$\frac{1}{2}$ cup shredded suet
1 cup mixed dried fruit
1 tablespoon chopped peel or marmalade
 $\frac{1}{2}$ cup grated raw potato
 $\frac{1}{2}$ cup grated raw carrot
Cider or orange juice

Grease a pudding basin ready.

Sift the dry ingredients and add the suet, then the fruit, peel, potato and carrot.

Mix with a little cider or orange juice to make a not too stiff batter.

Fill the prepared basin two-thirds full, cover and steam for $2\frac{1}{2}$ hours.

DATE PUDDING

8 oz. Albatross Self-Raising Flour
Pinch of salt

3 oz. chopped suet
4 oz. stoned chopped dates
Milk or water to mix

Mix the dry ingredients and the dates together in a bowl. Stir in enough milk or water to make a softish dough.

Turn into a greased pudding basin, cover with greased paper and steam for $2\frac{1}{2}$ -3 hours.

PINEAPPLE UPSIDE-DOWN PUDDING

Cream together 1 oz. margarine and 1 oz. sugar and line a pudding basin with it. Then place one drained ring of pineapple on the bottom with halved ones round the side.

Turn into this the "Jam Sandwich" batter (see page 23) and bake for 40-45 minutes in a moderately hot oven. (Regulo Mark 5 or 400° Fahr.).

Turn out and serve with the following sauce: Thicken the juice from the tin with a level teaspoon arrowroot blended in 1 tablespoon water. Bring to the boil and the sauce will clear.

Note: Uncooked peaches, apples or plums are very good when served this way. Pass custard sauce with the pudding.

TREACLE LAYER PUDDING

Roll out half the suet pastry (see page 7) and line a greased bowl with it. Put in a dessertspoon of treacle. Divide the remaining dough into three pieces and roll out. Lay one piece on the treacle, add more treacle. Repeat, finishing with a layer of dough. Pinch the edges. Cover the pudding and steam $2-2\frac{1}{2}$ hours.

(Variation I.) GINGER TREACLE PUDDING

Sprinkle a teaspoon of ground ginger between the layers.

(Variation II.) JAM OR MARMALADE PUDDING

Use either jam or marmalade instead of treacle.

FRUIT (FRESH) PUDDING

Make suet crust (see page 7).

Line a greased basin with three quarters of the suet crust. Fill with fruit, putting sugar to taste in the centre. Add 2-4 tablespoons water (the juicier the fruit the less water is required). Cover with the remaining dough and pinch the dampened edges together. Cover with greased paper and steam 2-2½ hours.

(Variation I.)

APPLE PUDDING

Add 2-3 cloves with the apples.

(Variation II.)

RHUBARB PUDDING

Add a little grated or thinly sliced orange peel, if available.

Plums, pears, gooseberries, cherries and other small fruits make delicious fruit puddings.

SWEET ROLY-POLY

Make suet pastry (see page 7), and roll out. Spread with jam, treacle, mincemeat or marmalade, and roll up. Damp edges and pinch together.

Scald a pudding cloth and dust a little flour over it. Lay the pudding on this, roll up and tie, allowing room for it to swell. Drop into boiling water and boil for 2 hours, or steam for 2½ hours in a steamer.

Cover with hot jam or treacle and serve.

BISCUITS

Biscuits and pastry have one thing in common; they should both be made with enough fat to hold them together, but with as little liquid as possible.

A wet biscuit or pastry dough will give you something that is either too hard or too scone-like.

Biscuits, however, need a somewhat **slow** oven. Pastry, on the other hand, requires a **hottish** oven, with as short a baking time as is necessary to cook it.

ROLLED OAT SNAPS

2 oz. Albatross Self-Raising Flour	3-4 oz. margarine or dripping
8 oz. oatflakes (or Bonnyboy Oats)	2 tablespoons black treacle or golden syrup
¼ teaspoon salt	1-2 oz. sugar
¼ teaspoon bi-carbonate of soda	

Grease a tin 9½" by 11½".

Mix all dry ingredients together. Melt fat, syrup and sugar in a large saucepan and cool a little, and mix the dry ingredients well in.

Turn into the tin and press well down.

Bake for 45-50 minutes in a moderately cool oven. (Regulo Mark 3 or 350° Fahr.). Cut into small squares or oblongs.

(Variation)

SPICE SNAPS

Add 2 teaspoons ground ginger and 1 teaspoon ground cinnamon to the above mixture.

GINGER NUTS

4 oz. Albatross Self-Raising Flour	$\frac{1}{2}$ teaspoon bi-carbonate of soda
1 dessertspoon sugar	
1 rounded teaspoon ground ginger	2 oz. fat
1 level teaspoon ground cinnamon	2 tablespoons syrup

Grease a baking sheet or tin ready.

Sift the dry ingredients into a bowl. Melt the fat and syrup together, cool a little and stir into the dry ingredients. Pick off pieces, size of walnuts, roll them between the palms of the hands and drop well apart on to greased baking sheets.

Bake for 15-18 minutes in a moderate oven. (Regulo Mark 5 or 375° Fahr.).

(Variation)

ALMOND NUTS

Leave out the spices in the above recipe. Add $\frac{1}{2}$ teaspoon almond essence to the mixture and press half a blanched almond on to each 'nut' before baking.

DIGESTIVE BISCUITS

5 oz. Albatross Self-Raising Flour	3-4 oz. fat
3 oz. medium oatmeal	2 tablespoons sugar
$\frac{1}{4}$-$\frac{1}{2}$ teaspoon salt	Milk and water

Rub the fat into the flour, oatmeal and salt. Add the sugar and 1-2 tablespoons liquid—just enough to bind. Knead well. Roll out to less than $\frac{1}{4}$ " thick. Cut into rounds, prick with a fork and bake to a pale golden brown in a moderately cool oven. (Regulo Mark 3 or 350° Fahr.).

SUGAR BISCUITS

6 oz. Albatross Self-Raising Flour	4 oz. margarine
1 oz. cornflour	4 oz. castor sugar
Pinch of salt	Vanilla or almond essence
	1 egg

Grease baking sheets or tins ready.

Sift the flours and salt together and rub in the fat to a fine bread-crumbs consistency. Add the sugar and a few drops of essence here and there, and then sprinkle in the egg, and stir with a flexible knife.

Gather together and knead.

Roll out about $\frac{1}{4}$ " thick and stamp into 2 $\frac{1}{2}$ " rounds.

Bake for 15-20 minutes in a moderately cool oven. (Regulo Mark 4 or 365° Fahr.).

(Variation I.)

CHOCOLATE BISCUITS

Add a little grated chocolate to each of the warm biscuits as they are taken from the oven and smooth it with a knife.

(Variation II.)

ORANGE OR LEMON BISCUITS

Add the grated rind of 1 orange or lemon to the dry mixture.

(Variation III.)

SHREWSBURY BISCUITS

Before adding the egg, add $\frac{1}{2}$ teaspoon ground cinnamon and 1 teaspoon caraway seeds.

(Variation IV.)

BLACK-EYED SUSANS

Roll out less than $\frac{1}{4}$ " thick and cut with a fluted cutter. Prick all over, then, with a plain cutter, cut a small round out of the centre of half of them. Damp the top of the whole rounds, and place those with the holes in them on top.

Bake for 18-20 minutes in a moderate oven. (Regulo Mark 5 or 375° Fahr.).

When cold, drop a small teaspoon of jam, jelly or mincemeat into the centre of each biscuit.

BRANDY SNAPS

**2 oz. Albatross Self-Raising
Flour (scant)**

**1 teaspoon ground ginger
(optional)**

Pinch of salt

2 oz. margarine

2 oz. sugar

2 oz. golden syrup

Grease baking sheets or tins ready.

Put the fat, sugar, and syrup into a saucepan and melt together. Cool to lukewarm and stir in flour, mixed with the ground ginger and salt.

Drop small teaspoonfuls of the mixture on to the tins, leaving plenty of space for spreading.

Bake for 15-20 minutes in a moderately cool oven. (Regulo Mark 4 or 365-375° Fahr.).

Take from the oven, cool a minute and remove them with a knife and twist them around the handle of wooden spoon. Leave to cool.

(Variation)

WALNUT CORNETS

Add half a cup of finely chopped walnuts to the mixture. Bake in the same way, but form into cornets, after removing from the oven.

SEMOLINA BISCUITS

**2½ oz. Albatross Self-Raising
Flour**

2 oz. finest semolina

1 oz. castor sugar

Pinch of salt

2½ oz. margarine

Grease a baking sheet or tin ready.

Mix the dry ingredients together and rub the margarine into them. Knead together and roll out to $\frac{1}{4}$ " thick. Cut into rounds with a fluted cutter.

Bake for 10-15 minutes in a moderately cool oven. (Regulo Mark 3 or 345-360° Fahr.). They should barely colour. Lift carefully on to trays and sprinkle with a little castor sugar.

(Variation)

RICE BISCUITS

Substitute ground rice for the semolina.

DATE STICKS

**3 oz. Albatross Self-Raising
Flour**
1 egg
1 oz. sugar
Pinch of salt
½ lb. chopped dates

**1-2 tablespoons chopped wal-
nuts (optional)**
1 dessertspoon hot water
**1 dessertspoon melted mar-
garine**

Grease and flour a shallow tin, 8" × 9".

Beat the egg, sugar, salt and margarine. Add the dates and nuts, then the flour, alternating with the hot water. Spread the mixture on the prepared tin.

Bake for 20-25 minutes in a moderate oven. (Regulo Mark 5 or 375° Fahr.).

When taken from the oven, cut into fingers and place on a cooling rack. Roll in a little castor sugar, if liked.

FRUITY DROPS

**1½ cups Albatross Self-Raising
Flour**
¼ teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon allspice
½ cup margarine

1 cup brown sugar
1 well beaten egg
1 teaspoon vanilla essence
**1 cup chopped dates or
raisins**
1 cup chopped nuts
½ cup milk

Grease baking sheets or upturned bottoms of roasting tins.

Sift the dry ingredients. Cream the margarine very well with the sugar. Beat in the egg, essence, fruit and nuts (walnuts or hazelnuts). Gradually work in the dry ingredients with the milk.

Drop teaspoons on to the prepared tins, leaving enough space for them to spread, and bake for 10-15 minutes in a moderate oven (Regulo Mark 3-4 or 360-375° Fahr.).

(Variation I.)

FRUIT COCOA DROPS

Omit the spices. Sift 2 tablespoons cocoa with the dry ingredients and add 1 teaspoon strong coffee with the milk.

(Variation II.)

COCOANUT DROPS

Omit the spices and nuts and add, instead, 1 cup shredded cocoanut with the fruit.

CAKES, LARGE AND SMALL

If you are directed to cream the fat and sugar to a creamy state and you fail to do so, your cake will have a close and heavy texture. The cake will also be heavy if the mixture curdles when the egg is added. If it tends to curdle, add a small spoonful of the flour and continue to beat.

A cake will probably fall if you open the oven door before it is set and even a small bang of the door can cause the same thing. If the cake is placed in too hot an oven and the flour is stretched beyond what it can support, the cake, when it settles (as all cakes do) will probably sink. An oven which is too hot can also peak a cake if there is a high proportion of flour in the mixture. What happens here is that the crust is set before the heat has reached the centre of the cake and, when the heat does get there, it expands the mixture so that the centre 'boils' out and a cracked top is the result.

DUNDEE CAKE

5 oz. Albatross Self-raising
Flour
5 oz. plain flour
 $\frac{1}{4}$ teaspoon salt
8 oz. butter
8 oz. castor sugar
3-4 eggs
 $\frac{1}{4}$ teaspoon almond essence

1 drop caramel
1 lb. currants and sultanas
(mixed)
4 oz. chopped candied peel
2 oz. quartered glace cher-
ries
4 oz. blanched almonds
Grated rind of 1 orange

Grease and line an 8-in. deep cake tin with thick greased paper, rising $1\frac{1}{2}$ in. above the top.

Sift the flours and salt together twice. Cream the butter well. Mix in the sugar and beat to a creamy fluffy consistency. Beat the eggs. Beat half into the creamed mixture and lightly mix in half the flour, all the fruit, peel and cherries, the orange rind, essence and half the almonds, finely chopped. Mix in the remaining eggs and then the remaining flour.

Turn into the prepared cake tin, level off and place the remaining halved almonds on top. Bake for $3\frac{1}{4}$ hrs. in a slow oven. (Regulo Mark 2 or 320-340° Fahr.).

Leave this cake in its tin for at least 15 minutes before turning it out on to a wire rack to cool.

To Blanch almonds: Drop the shelled almonds into boiling water for a minute. Remove and the skins will slip off very easily.

BATTENBURG CAKE

First, buy a special Battenburg or Russian cake tin with a metal strip down the centre.

**5 oz. Albatross Self-raising
Flour**
3 oz. castor sugar
4 tablespoons milk
Almond paste (see page 29)

Pinch of salt
3 oz. margarine
1 well-beaten egg
**Cochineal or chocolate
colouring**

Place the metal strip down the centre of the tin, then line each division separately with greased greaseproof paper.

Sift the flour and salt. Cream the margarine and sugar and gradually beat in the egg. Add the flour alternately with the milk. Turn half the mixture into one side of the tin. Add cochineal or chocolate colouring to the remaining batter and mix it in. Turn into the other half of the tin and bake for 15 minutes in a moderately hot oven (Regulo Mark 5 or 375-400° Fahr.).

When cold, cut each cake in half lengthwise, using the metal divider as a rule. Stick alternate coloured sections together, using jam for the purpose, and gently but firmly press together into a long square of checks—that is, arrange the 4 sections of cake so that you have a square at the end with the colours diagonal to each other.

Make 7-8 oz. Almond Paste. Roll out to the length of the cake and wide enough to wrap all round it, trimming off uneven edges. Place on a sheet of greaseproof paper. Brush the paste with beaten white of egg or with a smear of jam. Place the cake in the centre of it and bring the paste up and around it, using the paper as an aid, pressing it to the cake and fitting it neatly together across the top. Turn over and, with the back of a knife, make diagonal marks across the paste one way and then the other to make diamond checks. Crimp the edges together between the finger and thumb to make an attractive edge.

CHOCOLATE LAYER CAKE

8 oz. Albatross Self-Raising Flour
11-12 tablespoons hot water
1 tablespoon black treacle
3 oz. fat
 $\frac{1}{4}$ teaspoon salt

1 oz. cocoa
3 oz. sugar
Few drops coffee essence
Few drops vanilla essence
 **$\frac{1}{2}$ teaspoon bi-carbonate of
soda**

Dissolve the treacle in the hot water. Melt the fat. Sift the flour, salt and cocoa into a bowl. (Cocoa must be sifted.) Add the sugar. Add the essences to the cooled treacle water and then dissolve the soda in it. Stir this into the dry ingredients. Stir in the cooled melted fat.

Divide between two sandwich tins and bake for 25-30 minutes in a moderately hot oven. (Regulo Mark 6 or 410° Fahr.).

Turn on to a cake rack. When cold, sandwich with any favourite filling. Vanilla or Chocolate Butter Cream is best.

STEAMED CHOCOLATE PUDDING

Halve the quantities and turn into a greased pudding basin. Steam $1\frac{1}{2}$ -2 hours. This makes a very good pudding for four.

RICH CHOCOLATE LAYER CAKE

This is one of those cakes which we call 'weight for weight' cakes.

Weigh 3 eggs and then allow the same weight (each) in butter or margarine, castor sugar and Albatross Self-Raising Flour. Take away $1-1\frac{1}{2}$ oz. flour and replace with the same weight in chocolate powder.

Cream the fat and sugar until they are very creamy. Beat in the eggs, one at a time, with a pinch of salt. Add the flour and chocolate powder, sifted together, and, if liked, a few drops vanilla essence. Spread in two sandwich tins, 6-7" across, and bake for 20-25 minutes in a moderately hot oven. (Regulo Mark 4 or 375° Fahr.).

If you want the cake to be a darker tone, add a few drops of caramel or liquid gravy browning with the eggs.

When cold, sandwich with Vanilla Butter Icing (see page 31).

ALMOND SLAB CAKE

10 oz. Albatross Self-Raising Flour	2-3 eggs
$\frac{1}{4}$ teaspoon salt	1 small teaspoon almond essence
4 oz. margarine	$\frac{1}{4}$ teaspoon lemon essence
4 oz. castor sugar	$\frac{1}{4}$ pint milk or milk and water
2 level tablespoons syrup	

Grease and flour a tin $7\frac{1}{2}" \times 11\frac{1}{2}"$.

Follow the method for Christmas Cake, omitting the fruit, of course.

Turn into the prepared tin, spread the top level and bake for $1-1\frac{1}{2}$ hours in a moderate oven. (Regulo Mark 4 or 375° Fahr.).

(Variation)

SULTANA CAKE

To Almond Slab Cake add 6-8 oz. cleaned sultanas.

JAM SANDWICH

5 oz. Albatross Self-Raising Flour	3 oz. sugar
Pinch of salt	2 eggs
3 oz. margarine	2-3 tablespoons fairly warm water

Sift the flour and salt. Beat the margarine until creamy, then beat in the sugar until very light indeed. Add the eggs and beat for 3 minutes. Next mix in the flour and the lukewarm water alternately, to make a nice light batter. Divide between 2 greased and floured sandwich tins, and bake for 15 minutes in a moderately hot oven. (Regulo Mark 5 or 400° Fahr.).

When cold sandwich with jam or jelly.

(Variation) **ORANGE OR LEMON LAYER CAKE**

Grate the rind of a lemon or orange and add this with the sugar. Add 1 tablespoon of the juice of either in place of 1 tablespoon of warm water.

SPONGE BUNS

**4 oz. Albatross Self-Raising
Flour
Pinch of salt**

**2 eggs
4 oz. castor sugar
1 tablespoon warm water**

Warm and grease 12 bun tins. Sprinkle the insides with 1 teaspoon sugar and 1 teaspoon flour mixed together.

Sieve flour and salt together. Break the eggs into a bowl and whip with a whisk very well for 2-3 minutes. Add the sugar and whip again for 5 minutes. Add the water and then fold the flour in lightly.

Fill the prepared tins, three-quarters full, and sprinkle with a little more flour and sugar, and bake for 17-18 minutes in a moderately hot oven. (Regulo Mark 5 or 375-400° Fahr.).

RICH FRUIT CAKE

**6 oz. Albatross Self-Raising
Flour**

5 oz. plain flour

$\frac{3}{4}$ teaspoon mixed spice

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ lb. butter or margarine

$\frac{1}{2}$ lb. soft brown sugar

4-5 eggs

1 tablespoon black treacle

$\frac{1}{2}$ teaspoon vanilla essence

$\frac{1}{2}$ gill brandy or sherry

1 lb. currants

1 lb. raisins or sultanas

6 oz. chopped mixed peel

2 oz. glace cherries

2 oz. ground almonds

Sift the flours, spice and salt together. Cream the butter and sugar very well. (Using your bare hand will work them up more quickly). Beat each egg in thoroughly before adding the next. If the mixture looks like separating, add a bare tablespoon of the dry ingredients and go on beating in the eggs. Add the treacle and two-thirds of the dry ingredients, then add the essence, brandy (or sherry), fruit, peel, quartered cherries and the ground almonds with the remaining flour.

Lightly grease and flour a round cake tin measuring 8½-9½" across. Line it with two rounds of thick paper, the one next the cake greased, reaching 1½" above the tin. Turn the mixture into it and bake for 4½ hours in a very slow oven. (Regulo Mark ½ or 275° Fahr.) or bake it for 1 hour at Regulo Mark 2 or 325° Fahr., then reduce the heat to Regulo Mark ½ or 275° Fahr., and bake for a further 3 hours.

Test with a thin shiny skewer, first warming it before inserting it into the cake. It should come out clean if the cake is baked. Or gently press the top of the cake with your finger. If no depression remains, the cake is cooked.

Remove the cake from the oven and leave it in the tin, out of draughts, to cool, then lift it out on to a cake rack to become quite cold.

This cake will keep for months.

Note.—If the fruit appears to be not very clean, turn it into a colander two or three days before making the cake, well wash it under a running tap and leave it to drain dry. It will not require any further drying except in very cold weather, when you should place the drained fruit over the cooker if it seems a little too damp. Wash the raisins separately, as you will have to seed them. It is a good idea to cut some of the sultanas in halves in order to release their flavour into the cake. Do not, of course, wash the peel.

CHRISTMAS CAKE

9 oz. Albatross Self-Raising Flour	$\frac{1}{4}$ teaspoon almond essence
$\frac{1}{2}$ teaspoon salt	1-1 $\frac{1}{2}$ lb. mixed dried fruit
5-6 oz. margarine	(washed)
5-6 oz. sugar (brown if possible)	Grated rind of orange or
2-3 eggs	lemon
$\frac{1}{4}$ teaspoon lemon essence	Lukewarm tea, milk, diluted
$\frac{1}{4}$ teaspoon vanilla essence	orange squash or cider
	to mix

Grease and flour a tin 8"-8 $\frac{1}{2}$ " across, or line it with greased paper.

Cream the margarine very well. Work in the sugar and beat to creamy consistency. Add the eggs one at a time and beat well. If tendency to curdle, sprinkle in a little of the flour and go on beating.

Beat in the essence and add half the flour and salt, sifted together. Then add the fruit and remaining flour, and enough liquid to make a thick batter, which falls from the spoon when it is lifted free of batter and turned.

Turn into the prepared tin and spread level. Bake for 3 hours in a moderately cool oven. (Regulo Mark 2 or 340° Fahr.).

For the last few minutes, raise heat if necessary to deepen colour.

Note.—If spice is liked, add 1 good teaspoon mixed spice.

FRUIT CAKE

9 oz. Albatross Self-Raising Flour	1 small teaspoon liquid gravy
Pinch of salt	browning
$\frac{1}{4}$ teaspoon bi-carbonate of soda	2 tablespoons marmalade
1 teaspoon mixed spice (optional)	$\frac{1}{2}$ teaspoon each of lemon and
2 oz. margarine	almond essence
2 oz. lard	$\frac{3}{4}$ -1 lb. dried fruit
2 oz. castor sugar	$\frac{1}{4}$ pint milk, diluted orange
2 eggs	squash or cider
2 tablespoons syrup	

Sift the dry ingredients. Cream the fats until they are really creamy. Cream in the sugar and add the eggs one at a time. Next add the syrup, gravy browning, marmalade and essences, and beat very well for 3 minutes. Mix about a quarter of the dry ingredients into the creamed mixture. Then mix in about a quarter of the liquid. Add the fruit and finish adding the remaining dry and liquid ingredients.

Turn into a greased and floured tin, and make the top level.
Bake for $2\frac{1}{4}$ hours in a moderate oven. (Regulo Mark 2 or 340° Fahr.).

BABY'S FIRST BIRTHDAY CAKE

4 oz. Albatross Self-raising Flour	Pinch of salt
4 oz. sugar	4 oz. butter or margarine
1 tablespoon warm water	2 large eggs

Sift the flour and salt. Cream the fat and sugar very well, then beat in the eggs, one at a time. Add the flour and water.

Turn into a greased and floured $5\frac{1}{2}$ -6" cake tin and bake for 50-55 minutes in a moderate oven (Regulo Mark 4 or 365 - 375° Fahr.).

When cold, ice with the following **BOILED ICING**:

1 cup sugar	One third cup water
$\frac{1}{2}$ tablespoon lemon juice	1 egg white, stiffly whipped

Put the sugar, water and lemon juice in a small pan and heat, stirring, until the sugar is dissolved. Bring to boiling point without stirring. Add 3 tablespoons of the syrup to the stiffly beaten white, beating each spoonful in very well before adding the next. Boil the remaining syrup, without stirring, until it spins a long thread. Pour it into the other mixture in a thin steady stream, beating all the time. Spread quickly on the cake before it has time to set. It can be spread evenly or peaked all over with the flat of the palette knife or swirls can be made on it with the back of a spoon.

Before the icing sets, decorate the cake with one tiny candle to one side of the top, with attractive coloured cake decorations leading up to it. By placing the candle at one side, the cake can be cut until very little is left, still retaining the candle. If wanted, the icing can be coloured in the early mixing with any culinary colouring.

GINGER FRUIT CAKE

8 oz. Albatross Self-Raising Flour	1 egg
$\frac{1}{2}$ teaspoon salt	1 good tablespoon black treacle
$\frac{1}{2}$ teaspoon ground cinnamon	$\frac{3}{4}$ cup sour milk
1 teaspoon ground ginger	$\frac{1}{4}$ teaspoon bi-carbonate of soda
3 oz. fat (dripping)	
3 oz. sugar	
1 cup sultanas or raisins	

Grease and flour an oblong tin, $7\frac{1}{2}$ " $\times$ $11\frac{1}{2}$ ".

Sift the dry ingredients. Cream the fat and sugar together, add the egg and beat well. Beat in the treacle and about a quarter of the dry ingredients. Stir the sour milk and soda together and add a little. Then add the sultanas or raisins and the remaining flour and milk.

Turn into the prepared tin and bake for 35-40 minutes in a moderate oven. (Regulo Mark 5 or 375° Fahr.).

EGGLESS FRUIT CAKE

8 oz. Albatross Self-Raising Flour	$\frac{1}{2}$ teaspoon mixed spice
3-4 oz. sugar	$\frac{1}{4}$ teaspoon salt
3 oz. fat	$\frac{1}{2}$ teaspoon bi-carbonate of soda
$\frac{1}{2}$ pint water	4 oz. dried fruit
1 teaspoon ground cinnamon	

Put the sugar, fat and water into a pan and bring to the boil. Sift the flour, spices, salt and soda into a basin and add the fruit. Pour in the cooled boiled ingredients (lukewarm). Turn into a well-greased and floured deep tin and bake for 1-1 $\frac{1}{2}$ hours in a moderate oven. (Regulo Mark 4 or 365° Fahr.).

SIMNEL CAKE

Almond Paste

Use a half of the quantities given in the Almond Paste recipe on page 29. Divide into two portions.

8 oz. Albatross Self-Raising Flour	$\frac{3}{4}$-1 lb. mixed fruit, washed and dried
$\frac{1}{2}$ teaspoon mixed spice	2 oz. chopped peel or marmalade
$\frac{1}{4}$ teaspoon salt	Grated rind of an orange or lemon
3 oz. margarine	1 teaspoon almond essence
1 oz. lard	2-3 tablespoons milk
3 oz. sugar	Pinch of bi-carbonate of soda
1 tablespoon syrup	
3 eggs	

Sift the flour, spice and salt together.

Cream the margarine, lard and sugar very well. Work in the syrup and beaten eggs. Beat well. (Sprinkle in a little of the flour if it looks like curdling.) Fold in a quarter of the flour and then add the fruit, marmalade or peel, grated rind and essence. Then add the remaining flour and the milk, with the soda stirred into it.

Level off half the mixture into greased and floured tin, 6" to 7" across.

Roll out half the almond paste to size of tin and place on top.

Add remaining cake mixture, level it off and bake in a very slow oven for three hours. (Regulo Mark 2 or 320-340° Fahr.).

Roll out other half of almond paste to size and gently press it on top of cake as soon as this is cold. Crimp edges and decorate top with Easter decorations.

EDITH'S CAKE

3 oz. Albatross Self-Raising Flour	3 oz. butter or margarine
4 oz. castor sugar	2 large eggs
A few drops vanilla essence	1 tablespoon water

Cream the fat and sugar very well. Stir in the flour. Lightly add the very well beaten eggs and the vanilla essence. Finally, add the water. Turn into a well greased and floured 6" tin and bake for 35-40 minutes in a moderately hot oven. (Regulo Mark 4 or 375° Fahr.).

SHORTBREAD

**3 oz. Albatross Self-Raising
Flour**
1 oz. cornflour

1-1½ oz. castor sugar
Pinch of salt
2 oz. margarine

Sieve together the flours, sugar and salt on to the pastry board. Add the fat in one piece (it should have been kept in a warm room, so that it is soft, but not too soft). Then work the dry mixture into the margarine, and if possible keep the fat intact. Knead until the whole is of a good, well-worked consistency. Then pat it out into the inside of a round tin. Flute the edges and, with a fork, mark the shortbread in wedges.

Bake for 50-60 minutes in a cool oven. (Regulo Mark 2 or 320° Fahr.).

When rice flour is obtainable allow 1 oz. of it in place of the corn-flour.

VIENNESE SHORTBREAD

**4 oz. Albatross Self-Raising
Flour**
2 oz. fine castor sugar

4 oz. plain flour
7 oz. butter or margarine
½ teaspoon vanilla essence

Have ready greased and floured, baking sheets or the bottom of an upturned roasting tin. Sift the flours together.

Cream the fat. Add the sugar and cream very well. Beat in the vanilla essence. Work in half the flours and beat well, keeping the mixture light and creamy. Gradually beat in the remainder. The mixture must be light and smooth. Put into a piper with a large-sized rose pipe (for cake decoration) or use a fine potato pipe. Pipe on to the prepared tin in strips, scrolls or circles. Bake for 15-20 minutes in a moderately hot oven. (Regulo Mark 4 or 365-375° Fahr.).

VIENNESE TARTLETS

Cut out rounds of Semolina or Rice Biscuits (see pages 19 and 20). With a small border pipe, pipe the Viennese Shortbread mixture in an inner circle near the edge of each. Bake as above. When cold, fill the centre with jelly, raspberry jam or lemon or orange curd.

COCOANUT FINGERS

**2 oz. Albatross Self-Raising
Flour**
**1 teacup desiccated cocoa-
nut**

2 oz. butter or margarine
1 teacup brown sugar
1 egg
¼ teaspoon vanilla essence

Sift the flour into a bowl and rub in the fat. Work in the sugar and coconut. Beat the egg and vanilla essence and work them into the other mixture. Spread in a greased and floured shallow tin and bake for 15-20 minutes in a moderately slow oven (Regulo Mark 4 or 365-375° Fahr.). Cut into fingers in the tin and leave to cool on a wire rack.

FAIRY CAKES

Sift 5 oz. Albatross self-raising flour and a pinch of salt. Beat 3 oz. margarine until creamy then blend in 3 oz. sugar until the mixture is very light. Whip in 2 well beaten eggs, then mix in the flour and 2

tablespoons fairly warm water alternately, to make a light batter. Add, if liked, 2 oz. cleaned currants. Turn into greased bun or queen cake tins and bake for 15 minutes in a moderate oven (Regulo Mark 5 or 375-400° Fahr.).

ALBATROSS SPONGE MIXTURE

You can make an excellent fatless sponge mixture, using Albatross Self-raising Flour. Here is a basic recipe:

**4 oz. Albatross Self-Raising
Flour**

**2 eggs
4 oz. castor sugar
1 tablespoon warm water**

Break the eggs into a bowl and whip for several minutes. Add the sugar and whip for 5 minutes. When the mixture is thick and of a much lighter tone, add the water then stir in the sifted flour lightly with an over and over movement.

Use for the following:

SPONGE CAKE

Sprinkle a teaspoon of sugar into a greased and floured tin measuring 5½ inches in diameter. Turn the sponge mixture into it and bake for 45 minutes in a slow oven. (Regulo Mark 3 or 345-360° Fahr.).

SPONGE SANDWICH

Grease and flour two sandwich tins. Divide the sponge mixture between them and bake for 15 minutes in a moderately hot oven. (Regulo Mark 5 or 375-400° Fahr.).

SWISS ROLL

Use a Swiss roll tin measuring 11" by 12-13". Grease and warm it. Pour the sponge mixture into it and spread it to the corners. Bake for 7-8 minutes in a fairly hot oven (Regulo Mark 6 or 410-420° Fahr.).

Heat 2-3 tablespoons apricot or pipless raspberry jam with one of water. When the cake is ready, turn it on to paper sprinkled with a little sugar. At once trim off the edges and as quickly as possible spread the jam on it and roll it up. Leave it wrapped in the paper for a few minutes to help it to keep its shape.

ALMOND PASTE

**½ lb. fine castor sugar
½ lb. icing sugar
1 lb. ground almonds
2 eggs**

**Juice of 1 lemon
½ teaspoon orange flavour
½ teaspoon vanilla essence**

This paste should be ample for a large rich cake.

Roll the icing sugar and then the castor sugar to break down any small lumps. Add the ground almonds and mix with lemon juice. Add the beaten eggs and essences and work well with a wooden spoon until you have a smooth paste which will roll out without

cracking. Knead well. Avoid overhandling, as this might cause the paste to become brittle.

TO ICE A CAKE ALL OVER

Take one third of the almond paste, place on a sugared board and roll out to the size of the top of the cake. Brush the cake top with a smear of apricot puree or beaten white of egg, so that the paste will adhere to it, then place the round of paste in position and level it gently with the rolling pin. Trim off the edges. Roll out the remaining paste in a strip to cover the length and depth of the sides of the cake and, having applied the apricot puree or white of egg, place it in position. Roll it with a straight-sided jar to smooth it. See that the edges are neatly joined. Set the cake aside for several days so that the almond paste will dry before applying Royal Icing.

ROYAL ICING

2 lb. icing sugar	3-4 whites of eggs
4 teaspoons lemon juice	1 dessertspoon glycerine
A few drops laundry blue	

Roll out the icing sugar to break down any lumps, then pass through a hair sieve. Put the egg whites and lemon juice in a bowl then gradually add the icing sugar until the right consistency is obtained. The addition of glycerine (optional) will prevent the icing becoming brittle and the blue will keep it white.

Beat with a wooden spoon until smooth, avoiding the introduction of air bubbles. Before it forms a sharp peak, spread a thin layer over the almond paste using a knife, dipped in water, for the purpose. Leave for several days before applying the next coat of royal icing. This will prevent the almond oil in the paste seeping through and discolouring the final icing.

Meanwhile cover the bowl containing the remaining icing with a cloth wrung out of water and a large plate on top of it. After a few days beat icing again, then give the cake a second coat. Cover the remaining icing as before. When the second coat is quite hard, beat the remainder of the icing until it forms a sharp peak, then decorate the cake with it, using icing tubes or a forcing bag.

All or part (decoration) of the royal icing can be tinted pink or other shade by means of a few drops of cochineal or other culinary colouring.

CHOCOLATE BUTTER™ ICING

1 oz. plain chocolate	2 oz. butter or margarine
6-8 oz. fine icing sugar	A few grains salt
A few drops vanilla essence	A few drops coffee essence
A few drops top milk	(optional)

Break the chocolate into a warm bowl. When it is soft enough, add the butter and cream together. Gradually work in half the sugar, together with the salt and the essences. Finally, add the top milk, drop by drop, and the remaining sugar until the mixture is of a good spreading consistency. Beat until creamy.

This is a good topping for cakes as well as a good filling.

VANILLA BUTTER ICING

Follow the previous recipe but omit the chocolate and the coffee essence.

MOCK CREAM

Empty $\frac{1}{2}$ tin full cream evaporated milk into a large bowl. Add 2 tablespoons icing sugar. Whip with a wheel whisk or electric beater until double in bulk, then stir in the juice of $\frac{1}{2}$ large lemon. Use at once.



TIMELY HINTS AND NOTES

When making a fruit pie, always have a layer of fruit between the sugar and the crust to prevent the pastry becoming sodden.

When cutting out scones or puff pastry with a round cutter, cut straight down without twisting the cutter and the scones or pastry will rise evenly instead of lop-sided.

Always boil a pudding very hard to begin with as the cold basin, when placed in the boiling water, will put it off the boil for a little time.

For a professional-looking flan, buy a fluted flan ring. Place it on a baking sheet. Fold the pastry into 4, place inside the ring, unfold and, without stretching it, fit it into the ring, patting it well into the flutes. Pass the rolling-pin over the top to make a clean cut. To prevent the pastry rising in the centre, prick the bottom all over with a fork and fill the flan with crusts.

When making 2-crust plate pies, wet the rim of the lower crust before placing the upper one in position, then gently press them together. The juices will not then so easily leak out. Cut fern-like strokes in the centre of the top crust to allow steam to escape.

If you have to put on the almond paste, coat it with Royal Icing and finish the decorating of a Christmas cake all in one day, you can do it this way: Put on the almond icing, level it off with the rolling-pin, trim off the sides and slip the cake into the refrigerator so that the icing will acquire a fairly hard surface. Then make your Royal Icing. Before it arrives at the stage for piping, spread a thin layer on the almond paste. Again put the cake in the refrigerator and the icing will become firm in an hour or so. Now work the Royal Icing until it will hold a sharp peak and pipe the decoration on the cake. If the bowl in which Royal Icing is stored has a damp cloth placed over it, the icing will remain soft and pliable.

When making a flan, see that the fleur or short pastry is pressed well to the tin. If there is any air bubble between the pastry and the tin, heat will expand it and the pastry will rise.

CAKE 'WHATS' AND 'WHYS'

Uneven rising ? Caused by baking at too high a temperature, cake not placed in centre of oven, or too much flour in proportion to liquid.

Coarse and open texture ? Fat and sugar not creamed enough. Flour not mixed in well enough.

Sugary crusty top ? Too much sugar in proportion to other ingredients.

Cake sunk in middle ? Oven too hot, door slammed before cake is set, undercooked, or moving the position of the cake before it has set.

Dry Cake ? Too much flour for the fat and liquid. Too long in oven.

A close heavy cake ? Too much flour, too much mixing after adding the flour or the eggs curdled when added to the creamed fat and sugar. (When there is a tendency towards curdling, add a pinch of flour and continue beating.)

'Tunnels' in the cake ? Too hot an oven or the unnecessary addition of baking powder or soda to Albatross Self-raising Flour.

Cracked top and batter boiled out ? Oven too hot at commencement of baking.

Peaked cake ? Too hot an oven to begin with and the lowering of the heat before the crust has formed sufficiently hard.

Fruit fallen to bottom ? Generally, the mixture has not been firm enough to hold the fruit in position. If the fruit is added to the creamed mixture before any flour, it will sink. Also, if the fruit has been washed and not allowed to dry out properly, it will slip through to the bottom of the cake.

BRITISH STANDARD CUP AND SPOON MEASURES

The following are the weights of various foods measured in British Standard cups and tablespoons. In all cases, the weights are in **level** cups and spoons. The Standard cup contains $\frac{1}{2}$ pint liquid.

	Cup	Tablespoons		Cup	Tablespoons
Cheese, grated	4 oz.	4 per oz.	Oats, rolled	4 oz.	4 per oz.
Currants	4 oz.	3 per oz.	Raisins, seedless	6 oz.	
Flour, unsifted	5 oz.	3 per oz.	Semolina	6 oz.	2½ per oz.
Lard	8 oz.	2 per oz.	Sugar, granulated	8 oz.	2 per oz.
Margarine	8 oz.	2 per oz.	Sultanas	6 oz.	
Oatmeal, medium	8 oz.	2 per oz.	Syrup	1 lb.	1 per oz.

OVEN TEMPERATURES

The following are the approximate comparative temperatures of gas, coal and electric ovens.

Regulo Mark	Degrees Fahrenheit	Regulo Mark	Degrees Fahrenheit
$\frac{1}{4}$	250	5	375-400
$\frac{1}{2}$	260-280	6	410-420
1	290-310	7	430-450
2	320-340	8	455-470
3	345-360	9	475-490
4	365-375	10	495-515

These Regulo Mark temperatures are those authorised by Radiation Ltd.

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TUROG BROWN FLOUR

It will be noticed that in the Steamed Brown Bread Recipe on page 3, Turog Brown Flour is used. Turog Flour is packed in 6-lb. and 3-lb. branded bags and is obtainable from the same sources as "Albatross." Please remember that Turog Flour is **not** a Self-Raising Flour. It can, however, be used in precisely the same way as ordinary flour and for the same purposes.

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